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AI Claim 29. An ergonomic handle for stabilized lifting, carrying and tilting of a hand supported implement comprising:

an elongated body portion having a first end and a second end and defining a first axis, said first end including a forearm support member having upwardly directed lateral support members for engaging a user's forearm for inhibiting motion of said forearm;
said body portion having a hand grip adjacent said second end, said hand grip defining a second axis, said second axis defining with said first axis an angle no greater than substantially 90 degrees; and
said hand grip being positioned on said body portion so as to receive said user's gripping hand such that said user's wrist is in a substantially unrotated state.

Claim 30. The ergonomic handle as defined in claim 29 wherein said handle is heat-resistant molded plastic.

Claim 31. The ergonomic handle as defined in claim 29 wherein said hand grip is sized to engage a substantial portion of said gripping hand.

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AI Claim 32. The ergonomic handle as defined in claim 29 wherein said hand grip radiates outwardly at the top end.

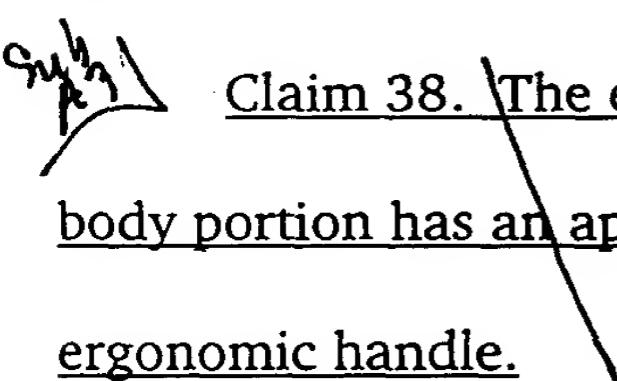
Claim 33. The ergonomic handle as defined in claim 29 wherein said hand supported implement comprises a cooking utensil.

Claim 34. The ergonomic handle as defined in claim 29 wherein said forearm support member engages a substantial portion of said forearm.

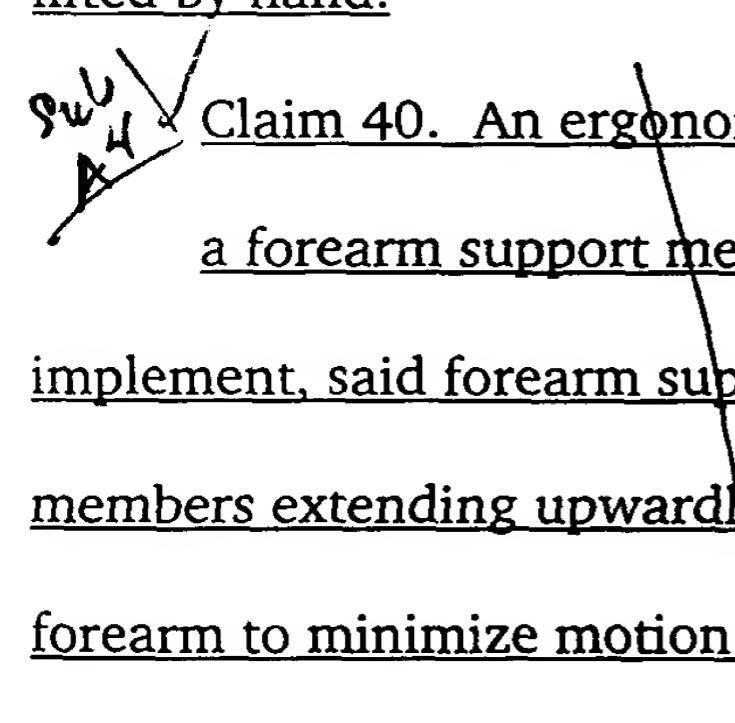
Claim 35. The ergonomic handle as defined in claim 29 wherein said forearm support member defines an upwardly directed concaved surface so as to accommodate the natural taper of said forearm.

Claim 36. The ergonomic handle as defined in claim 29 wherein said lateral members engage a substantial portion of said forearm.

Claim 37. The ergonomic handle as defined in claim 29 further comprising a base portion that attaches said handle to said hand supported implement wherein said base portion is positioned adjacent to said second end of said hand grip such that sufficient space exists between said handle gripping means and base portion so as to permit said gripping hand to grip said hand grip.

 Claim 38. The ergonomic handle as defined in claim 29 wherein said elongated body portion has an aperture adjacent said first end for facilitating storing said ergonomic handle.

Claim 39. The ergonomic handle as defined in claim 29 wherein the section of said elongated body portion between said hand grip and said forearm support member is shaped so as to permit said section of said elongated body portion to be gripped and lifted by hand.

 Claim 40. An ergonomic hand supported implement comprising:
a forearm support member mounted to said ergonomic hand supported implement, said forearm support member having a base portion and adjoining lateral members extending upwardly from said base member to engage a portion of a user's forearm to minimize motion of said forearm; and

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a handle mounted to said hand supported implement and spaced from said forearm support member, said upright handle tilted in a direction of said hand supported implement at an angle less than substantially 90 degrees with respect to a horizontal plane that intersects said hand supported implement, wherein said upright handle is positioned on said hand supported implement so as to receive said user's gripping hand such that said user's wrist is in a substantially unrotated state.

Claim 41. The ergonomic hand supported implement of claim 40 wherein said handle is sized to engage a substantial portion of said gripping hand.

Claim 42. The ergonomic hand supported implement of claim 40 wherein said forearm support member comprises an upwardly directed concave surface formed between said lateral members.

Claim 43. The ergonomic hand supported implement of claim 40 wherein said forearm support member engages a substantial portion of said forearm.

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Claim 44. An ergonomic hand supported implement comprising:

a forearm support member mounted to said ergonomic hand supported implement, said forearm support member having a base portion and adjoining lateral members extending upwardly from said base member to engage a portion of a user's forearm to minimize motion of said forearm; and

a handle mounted to said hand supported implement and spaced from said forearm support member, said upright handle tilted in a direction of said hand supported implement at an angle less than substantially 90 degrees with respect to an axis defined by said user's forearm while said user's gripping hand grasps said handle.